

# Bleaching Instructions

1. Wear tray at night
2. Apply small amount to inner wall of tooth mold in tray
3. Try to get as much from each syringe as possible (2-5 nights), thin even layer is all that is required
4. Seat tray and wipe off excess from gums
5. When awake, remove tray and rinse mouth
6. Rinse tray, and store dry

**SENSITIVITY:** If having sensitivity, do one of the following:

1. Skip a night or two, and start again
2. Brush with a desensitizing toothpaste, like Sensodyne
3. Put a desensitizing material (Ultra EZ or Fluoride Gel available from Dr. Calef) in the tray for 10-30 min. in the am & pm before bleaching, as needed or on alternating nights instead of bleaching

**NEXT APPOINTMENT:**

- Will be scheduled at 2 weeks after receiving material to evaluate color change, discuss concerns and offer advice on progress of treatment

**Call for FINAL BLEACHING APPOINTMENT when:**

1. Teeth color is as you want (matches whites of eyes)
2. Out of bleaching material
3. Questions or concerns (tray, teeth, gums, etc.) will be addressed, final photos will be taken

**ADDITIONAL APPOINTMENTS for darker discolorations:**

3 visits made at 8-12 week intervals for up to 1 year for reevaluation, advice, and additional supplies

**REFRESHER VISITS (additional charge):**

1. Made at any time after Final Bleaching appointment. May not need any for 1-3 years
2. Reevaluation of shade, additional dental concerns evaluated, necessity of new trays and additional material will be assessed